

Gut Health Meal Plan

1. Daily Routine (Time Table – Indian Lifestyle)

Time	Action	Why It Helps
6:30 AM	Wake up + 1 glass warm water with lemon/jeera water	Boosts digestion, hydrates system
7:00 AM	15–20 min yoga/walk (Surya Namaskar, Pranayama)	Improves gut motility & stress balance
8:00 AM	Breakfast (light, probiotic + fiber-based)	Fuels body, easy on stomach
11:00 AM	Herbal tea (ginger, fennel, or tulsi) + soaked nuts	Aids digestion, reduces bloating
1:00 PM	Lunch (fermented side + dal/sabzi + whole grains)	Balanced microbiome diet
4:00 PM	Snack (fruit + probiotic drink like chaas)	Midday refresh, feeds gut bacteria
7:30 PM	Dinner (lighter than lunch, cooked veggies + fermented item)	Easy digestion before bed
9:00 PM	Golden milk or warm fennel water	Calms gut & prepares body for sleep
10:00 PM	Sleep	Deep sleep restores gut balance

2. 7-Day Gut-Friendly Indian Meal Plan

Day 1

- **Breakfast:** Idli with coconut chutney + ½ glass buttermilk.
- **Lunch:** Brown rice, dal tadka, spinach sabzi + 2 tbsp homemade curd.
- **Snack:** Roasted chana + 1 guava.
- **Dinner:** Vegetable khichdi + side of fermented carrot pickle.

Day 2

- **Breakfast:** Poha with peanuts + ginger tea.
- **Lunch:** Bajra roti, lauki sabzi, moong dal, salad + chaas.
- **Snack:** Papaya bowl with chia seeds.
- **Dinner:** Dosa with sambar + fermented beetroot kanji.

Day 3

- **Breakfast:** Sprouts chaat (moong sprouts + onion + tomato + lemon).
- **Lunch:** Quinoa pulao with mixed vegetables + cucumber raita.
- **Snack:** Handful of soaked almonds + pomegranate.
- **Dinner:** Ragi dosa + chutney + 2 tbsp sauerkraut (or Indian-style fermented veggies).

Day 4

- **Breakfast:** Vegetable upma + ½ cup curd.
- **Lunch:** Red rice, rajma curry, cabbage stir fry + pickled lemon.
- **Snack:** Buttermilk with roasted flaxseeds.
- **Dinner:** Moong dal chilla + mint chutney.

Day 5

- **Breakfast:** Masala oats with vegetables + side of kefir (if available).
- **Lunch:** Jowar roti, bhindi sabzi, dal + raw onion salad.
- **Snack:** Apple slices with homemade peanut chutney.
- **Dinner:** Vegetable khichdi with drumstick sambar.

Day 6

- **Breakfast:** Dhokla with green chutney.
- **Lunch:** Brown rice, sambhar, beetroot poriyal + curd.
- **Snack:** Banana + walnuts.
- **Dinner:** Stuffed lauki paratha (with ajwain) + carrot pickle.

Day 7

- **Breakfast:** Ragi porridge with dates + 1 tsp ghee.
- **Lunch:** Multigrain roti, chana masala, stir-fried beans + buttermilk.
- **Snack:** Berries (if available) or seasonal fruit (jamun, custard apple).
- **Dinner:** Vegetable daliya + side of fermented kanji.

3. Diet Tracking Calendar

Day	Breakfast ✓	Lunch ✓	Dinner ✓	Snacks ✓	8 Glasses Water	Bloating?	Energy (1–10)	Mood (☐☐☐)	Notes
1									
2									
3									
4									
5									
6									
7									

4. Improvement Notice Section

Weekly Reflection Questions:

- Digestion: (Is bloating/gas reducing?)
- Energy: (Do you feel lighter, more active?)
- Mood: (Less irritability, calmer mind?)
- Sleep: (Falling asleep faster, deeper rest?)
- Cravings: (Are junk food cravings going down?)
- Immunity: (Any improvement in colds/skin health?)

□ Rate your **Gut Comfort Score (1–10)**: _____

Over 3–4 weeks, you should notice:

- ✓ Less bloating and acidity
 - ✓ More regular bowel movements
 - ✓ Improved energy and mental clarity
 - ✓ Stronger immunity
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□ **Pro Tip (Indian version)**:

- Use **chaas, curd, kanji, pickles, idli, dosa, dhokla** as daily fermented staples.
 - Avoid excess fried pakoras, sugary mithai, and packaged snacks.
 - Stick to seasonal fruits and regional vegetables—your gut thrives best on foods grown around you.
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